



Food with Care

Child and Adult Care Food Program

Bureau of Nutrition Programs and School Transportation • Iowa Department of Education

January 2005

Number 2

Inside this issue:

Secrets to Successful
Mealtimes

Pick a better snack

Tidbits from Julia

New Name Change for
Bureau

Are You Interested in
Receiving Team Nutrition
\$\$\$

Correction
Appeal Procedures

Meet Our New Staff
Member

Check Out the Library!

Secrets to Successful Mealtimes

Each center has the challenge of creating pleasant, safe mealtime experiences where children eat well and learn positive eating habits and mealtime behaviors. These recommendations are designed to help you achieve these important goals.

Prepare children for mealtime

- Plan a quiet activity or story before meals.
- Discuss what will be served and use the opportunity for education on nutrition, health or other topics. Suggestions include where the foods come from, why they are good for us, colors, shapes and flavors.
- Wash hands just before mealtime. Soap, running water, suds, individual paper towels and adult supervision are necessary for clean hands.
- Have all foods and utensils on the table before children sit down. Do not overcrowd tables to avoid spills. A few extra clean utensils on the table or serving cart will make it possible to replace dropped items without leaving the children unsupervised during meals.
- Children may help with table setting. Instruction and adult supervision are necessary for good sanitation.
- Children may choose places or have assigned seats. Permanent name cards taped to tables, strategically placed where the glass will sit, work well.

Make mealtime pleasant and relaxed

- Adequate adult supervision is a must and may include the teacher, teacher assistant, administrator, bus driver, volunteer, cook or maintenance worker. An adult at each table is best, sitting in the center rather than the end of the table, to supervise and assist as needed. All adults should be trained in mealtime policies and expectations so interaction with children will be consistent.

—continued on page 2

- Talk about the foods you are eating. Mealtime is part of the learning environment and provides a great opportunity to develop reading and math readiness skills through sensory learning.
- Create an environment where children can learn social and conversational skills, how to serve themselves (family style meal service) and mealtime expectations. Use child-sized serving containers (pitchers, bowls) and utensils for family style service.
- Access to paper towels or washcloths makes it possible for children to clean up after their spills. This fosters feelings of competence. Children should not feel bad about spilling, but will learn that spills just happen and the important thing is to make things right again.
- Foods should not be used to discipline or reward children. Eating or finishing one food should not be required before another food is offered.
- Children need plenty of time to eat, and should not be rushed to finish the meal. Even if children choose not to take foods or to eat, they will benefit from socializing with the group at the table to talk, listen and relax.

Recognize separate feeding responsibilities for adults and children

- Adults are responsible to provide a variety of attractive, wholesome food at regular mealtimes.
- Adults must be good role models by explaining and demonstrating desired mealtime behaviors, conversing with children, and serving foods:

- Adults should eat the same foods as children at meals. Adults who positively model food acceptance and tasting new foods are the strongest influence on children's food preferences. This important part of a quality childcare environment should be written into staff job descriptions.
- If adults need special foods due to health conditions or disabilities, this should be openly explained to children.
- Teachers need a break time during the day to attend to their personal needs and to decrease job related stress. Teachers may then eat other foods of their choosing such as coffee, pop, etc which should not be eaten during the children's mealtime or in the classroom.



- Children decide whether they will eat, what and how much they eat. Children should be appropriately encouraged to taste and eat the foods provided, but never be forced to take or taste foods. If they do not take foods the first time they are passed, the adult should again offer these foods to the children before they are excused from the table.

Centers participating in CACFP are encouraged to develop and communicate to staff mealtime policies that outline mealtime goals, expectations and responsibilities.

These guidelines were developed using the following resources: Caring for Our Children: National Health and Safety Performance Standards, 2nd Edition, 2002, Head Start Performance Standards, Iowa CACFP Mealtime Goals, Iowa CACFP Best Practice Tips for Family Style Meals, Child Care Center Licensing Rules (Iowa Department of Human Services), Child Development Home Registration Guidelines (Iowa Department of Human Services) and the work of Ellen Sattyr (<http://www.ellynsatter.com/Pages/RelatedLinks.htm>).

Pick a better snack™

Fresh fruit and vegetables make colorful nutritious snacks. When purchased in season, they are generally affordable as well. Broccoli and oranges are two that are in season during the winter.

Broccoli!

If you've eaten a bunch of broccoli, you've actually eaten flowers. Broccoli florets are buds that are almost ready to flower. Not only does broccoli taste good, it's also good for you. Ounce-for-ounce, broccoli has more vitamin C than an orange and more calcium than a glass of milk. Also, broccoli has more cancer-fighting properties than any other vegetable. Americans eat more broccoli than they did 25 years ago. In 1970, each American ate an average of only one-half pound of broccoli per year. Today, each American eats four and-one-half pounds a year!



Wash. Cut. Eat. (How easy is that?)

Broccoli makes a nutritious, convenient snack. Children unfamiliar with broccoli are more apt to taste it if they have the chance to learn about it first. Before snack, teachers can show children a bunch of fresh broccoli and talk about its color and shape, how it feels to the touch and how it smells. Serving it in a small amount with a familiar food or low-fat dip can also increase children's willingness to try it. Keep in mind that it may take up to ten to fifteen exposures before a child will accept a new food into their diet.

Oranges!

Are you looking for a sweet and healthy treat for snacks? Add a bright and juicy orange! Winter is the season for one of the tastiest varieties of orange, the navel orange. Named for the little bump on the fruit that looks like a belly button – or navel – the navel orange is known for being seedless, easy to peel and juicy.

When choosing oranges, look for firm fruit that feels heavy for its size. Don't worry if the outside of the fruit is a little green. When oranges are left on the tree for the summer months, a natural pigment called chlorophyll returns to the skin, causing a greenish hue. Just keep in mind that the color of the skin doesn't affect the taste of the fruit.



Wash. Peel. Eat. (How easy is that?)

January 15 is National Fresh-Squeezed Juice Day. Why not show children where orange juice comes from by squeezing some oranges for a nutrition lesson? Follow it up by serving fresh oranges for snack.

Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network and the USDA's Food Stamp Program and Team Nutrition – equal opportunity providers and employers. For more information about Pick a **better** snack™, log onto <http://www.idph.state.ia.us/Pickabetttersnack/default.asp>

Another Great Resource – 5 A Day Quantity Recipe Cookbook

For an appealing variety of fruit and vegetable recipes, try the 5 A Day Quantity Recipe Cookbook. Developed by the State of New Hampshire, the 5 A Day Quantity Recipe Cookbook provides 37 standardized recipes for 25, 50, and 100, plus ready-to-copy family sized recipes. Resources for nutrition education and food safety are also included. It is available online at:

<http://www.ed.state.nh.us/education/doe/organization/programsupport/TeamNutrition.htm>



Tidbits from Julia

CHILD NUTRITION and WIC REAUTHORIZATION ACT of 2004

The reauthorization of the USDA Child Nutrition Programs on June 1, 2004 included numerous changes and enhancements mainly to the National School Lunch Program, but also to the Summer Food Service Program and the Child and Adult Care Food Program.

Some of the changes that now only impact the School Meal Programs or the Summer Food Service Program may be extended to CACFP over time. Others will only be implemented if funding is appropriated. A brief summary of the changes currently impacting CACFP is listed below. Please read carefully all memos from the State Agency for further detail and implementation dates.

CACFP

- Makes permanent the provision for proprietary (for profit) centers to qualify for CACFP if at least 25% of the children they serve are from households qualifying for free or reduced price meals (already permanent in Iowa).
- Raises age of eligibility for reimbursable meals served to all children under the CACFP in emergency homeless shelters from 12 to 18, effective October 1, 2004.
- Makes runaway, homeless and migrant youth categorically eligible for free meals, effective July 1, 2004.
- Permanently excludes privatized military housing allowances from income eligibility determination, effective July 1, 2004.
- Provides State Agencies the flexibility to disregard an overpayment identified during a review or audit in an amount that is no more than the disregard for the provision of other Child Nutrition Programs.
- Requires a task force be convened to look at options for reducing paperwork in CACFP, effective upon enactment.

School Meals Programs

One change within the School Meal Programs that could have an indirect effect on the CACFP is listed below. Please note that it does not apply to CACFP at this time. It is provided for your information since

many households have children participating in both CACFP and the School Meals Program. USDA is aware of the potential confusion the differences or changes required by law for School Programs but not for CACFP could create.

- Reauthorization requires that eligibility determinations for free/reduced price meal benefits be valid for the entire school year in School Meal Programs.
Implications for CACFP: Income or family size changes are still required to be reported in CACFP. This means there could be children in a household, where income increases, that are no longer eligible for free or reduced price meals in CACFP that remain eligible in the School Meal Program the remainder of the school year.

The State Agency (SA) has issued implementation guidance on those items effective October 1 or prior. Implementation memos on items effective after that date will be issued after guidance is received from USDA. If you have questions please do not hesitate to contact the State Agency.

Iowa Awarded 2004

Team Nutrition Training Grant

The State Agency is pleased to announce that Iowa has been awarded a 2004 Team Nutrition (TN) Training Grant. This two year grant, will allow the State to build on lessons learned in previous Team Nutrition grants and implement new initiatives while continuing to enhance previous initiatives as it works with schools, child care and summer food service programs. Project components include: school and early childhood teams will assess current policy and develop action plans using the Changing the Scene Kit and Iowa's Setting the Stage Kit; a means of communicating and sharing TN Success will be facilitated through electronic newsletters, website, workshops as well as mentoring programs; education and training will be provided to encourage the use of Team Nutrition materials with a focus on the Team Nutrition Curriculum. In addition, mini grants will continue to be provided to local schools, child care facilities, and summer program sponsors to support local TN action plans. The Department of Education will work closely with the Iowa Partners for Healthy Kids to implement the Team Nutrition Training Grant.

New Name Change for Bureau

Some changes have been occurring in the Bureau beginning with its name. After some shifting within the various bureaus at the Department of Education we have added School Transportation staff to our team. With the addition came a new name. We are now the Bureau of Nutrition Programs and School Transportation. We will be conducting business as usual but didn't want you to think you had reached a wrong number when you hear us answer the phone with this new title!

Are You Interested in Receiving Team Nutrition \$\$\$

The Team Nutrition trainers (Ruth Litchfield, Katherine Thomas, and Janet Wendland) provided training on the Physical Activities, Healthy Snacks, and Setting the Stage Best Practices and Curriculum on October 19th. The audience was Child Care Resource and Referral, Health Consultants, Head Start and Home Sponsors who had not previously attended the Team Nutrition trainings. The new trainers will be offering workshops in their areas and have additional information on how childcare centers can apply for mini-grants to conduct Team Nutrition activities or purchase resources. Extension Nutrition Specialists will also be offering these trainings. If you are interested in having a fun workshop full of lots of great ideas and useful resources contact one of these individuals in your area!



Correction

Appeal Procedures

On page three of the August/September issue of the "Food with Care" Child and Adult Care Food Program Newsletter, the article stated that CACFP participants have a right to appeal a serious deficiency determination. However, this determination cannot be appealed. A list of actions that can and cannot be appealed may be found in the regulations (226.6 (k) (2)&(3)). The regulations are available online at

<http://www.fns.usda.gov/cnd/Care/Regs-Policy/new226.pdf>.

Meet Our New Staff Member

We would like to welcome Jaci Yetmar as the newest consultant. Jaci began work with the Bureau on October 29, 2004. Her primary responsibility will be school programs and child care facilities in Central Iowa. Jaci is married and has four children ranging from age 8 to 15 years old. They claim residence in Fort Dodge, Iowa. Jaci has a Master's Degree in Early Childhood Education from the University of Northern Iowa. She has sixteen years experience in the Early Childhood field, including thirteen years as Center Director and Head Cook with two Early Childhood Centers in Fort Dodge and one center in Webster City. She is looking forward to working with and sharing information with Central Iowa child care facilities. You can contact Jaci at (515) 281-4758 or e-mail her at Jaclyn.Yetmar@iowa.gov.

The USDA prohibits discrimination in its programs and activities on the basis of race, color, national origin, gender, age or disability. Persons with disabilities who require alternate means for communication of program information (Braille, large print, audiotape, etc.) should contact the USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD).

USDA is an equal opportunity provider and employer.

Check Out the Library

Looking for ideas for classroom staff inservice? *Meals without Squeals* (C. Berman and J. Fromer) has short lessons, quizzes, handouts to emphasize developmental stages and the support children need to gain skills to feed themselves. It's available from the Bureau library; just ask for BO560.

A good training video is *Managing Child Nutrition Programs to Teach Healthy Food Practices, Program 5: Personnel That Make a Difference* (VO170).

Healthful Menus and Recipes (CU0741), from the Pennsylvania Department of Education, includes some planning techniques to maintain variety in menus, include foods children like, and to meet dietary guidelines. Best of all, the recipes are already there!

A great tool for self-assessment is available from the Bureau library. *National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs* describe best practices in many areas. Test out your food service and nutrition program with Chapter 4 (BO391).

Parents' support for the work you do depends on information sharing. If you keep parents "in the loop" with a newsletter or take-home menus, don't forget the newsletters in the USDA manual *Nibbles for Health*. These are ready to reproduce, one page printed front to back, with plenty of space for your center's name and logo. You can download from the web <http://www.fns.usda.gov/tn/Resources/nibbles.html>

Take a look at this one, all about teaching good food habits: http://www.fns.usda.gov/tn/Resources/Nibbles/teaching_habits.pdf. If you prefer to use posters, *Nibbles* has some excellent ones. This manual was mailed to all centers within the last year. A limited number of manuals are available from the Bureau. Call Janelle Loney at 515-281-5356. or email Janelle.Loney@iowa.gov.

And don't forget Pick a Better Snack™! Neat ideas for healthy snacks, send-home information and games for kids. This meshes nicely with the *Nibbles* material. Go on-line at <http://www.idph.state.ia.us/pickabetersnack/default.asp> for downloadable goodies.

Multimedia Reservation Form Bureau of Nutrition Programs and School Transportation

Your name _____

Title _____

Phone () _____

Agreement # _____

Mailing Address:

School/
Organization _____

Street _____

City _____ IA Zip _____

Your Request:

Loan # and Material title (s) (Please include both):

If no title is known, indicate subject or topic to receive a list of possible titles.

Date(s) of use _____

Alternate date(s) _____

Group(s) to be trained _____

Approximate size of group(s) _____

Mail to: Mary Jo Clark
Bureau of Nutrition Programs and
School Transportation
Grimes State Office Building
400 E. 14th Street
Des Moines, IA 50319-0146

Or FAX to: Mary Jo Clark at 515-281-6548

If you have questions, please call Mary Jo at 515-281-4751 or e-mail: maryjo.clark@iowa.gov